Human hearts bottle up emotions for a number of different reasons. Things can get out of hand quickly when matters of the heart are present. So we put our emotions on the backburner and ignore them completely...but as any logical person knows even if we keep a lid on our emotions it's only a matter of time before they quell and burst into flame. So why do we do this to ourselves when most of the time storing emotions makes matters worse?

For my Senior Seminar project I’m hoping to create a mural based upon your, the students’, voices. Please use the back of this paper to write one or two sentences about what you’ve been bottling up, but keep it anonymous. With your help I’ll be able to create a painting reflecting you!

If you have seen the show “If You Really Knew Me” on MTV, those are the kinds of responses I’m hoping to get. And please, take this seriously; the success of this painting relies on your responses.

Thank you so much!

-Madison Reynolds

Human hearts bottle up emotions for a number of different reasons. Things can get out of hand quickly when matters of the heart are present. So we put our emotions on the backburner and ignore them completely...but as any logical person knows even if we keep a lid on our emotions it's only a matter of time before they quell and burst into flame. So why do we do this to ourselves when most of the time storing emotions makes matters worse?

For my Senior Seminar project I’m hoping to create a mural based upon your, the students’, voices. Please use the back of this paper to write one or two sentences about what you’ve been bottling up, but keep it anonymous. With your help I’ll be able to create a painting reflecting you!

If you have seen the show “If You Really Knew Me” on MTV, those are the kinds of responses I’m hoping to get. And please, take this seriously; the success of this painting relies on your responses.

Thank you so much!

-Madison Reynolds

Human hearts bottle up emotions for a number of different reasons. Things can get out of hand quickly when matters of the heart are present. So we put our emotions on the backburner and ignore them completely...but as any logical person knows even if we keep a lid on our emotions it's only a matter of time before they quell and burst into flame. So why do we do this to ourselves when most of the time storing emotions makes matters worse?

For my Senior Seminar project I’m hoping to create a mural based upon your, the students’, voices. Please use the back of this paper to write one or two sentences about what you’ve been bottling up, but keep it anonymous. With your help I’ll be able to create a painting reflecting you!

If you have seen the show “If You Really Knew Me” on MTV, those are the kinds of responses I’m hoping to get. And please, take this seriously; the success of this painting relies on your responses.

Thank you so much!

-Madison Reynolds

Human hearts bottle up emotions for a number of different reasons. Things can get out of hand quickly when matters of the heart are present. So we put our emotions on the backburner and ignore them completely...but as any logical person knows even if we keep a lid on our emotions it's only a matter of time before they quell and burst into flame. So why do we do this to ourselves when most of the time storing emotions makes matters worse?

For my Senior Seminar project I’m hoping to create a mural based upon your, the students’, voices. Please use the back of this paper to write one or two sentences about what you’ve been bottling up, but keep it anonymous. With your help I’ll be able to create a painting reflecting you!

If you have seen the show “If You Really Knew Me” on MTV, those are the kinds of responses I’m hoping to get. And please, take this seriously; the success of this painting relies on your responses.

Thank you so much!

-Madison Reynolds